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Nosebleed Treatment Protocol

A. SHOPPING LIST (to keep in a plastic bag)

1. Nasal Saline Spray: Ayr, Ocean, etc.
2. Afrin (oxymetazoline) Nasal Spray
3. Polysporin, Bacitracin or Vaseline Ointment
4. Cotton Balls – if directed by your MD

B. PREVENTION

1. Moisturize your nose with saline mists.
 - a. Use one of the following: AYR, OCEAN, NA SAL or other saline nasal sprays available over the counter without prescription. You can also make your own salt water solution by using 1 tsp. table salt to 1 pint boiled or distilled water. Be certain to discard any unused homemade solution at the end of the day as there are no preservatives present, as there are in the commercial preparations.
 - b. Use 2-6 sprays each nostril every 1-2 hours as needed.
 - c. Apply to nostrils a thin layer of topical antibiotic (such as Bacitracin or Polysporin ointment) twice a day for 1 week. Then switch to applying Vaseline to the nostril once or twice daily for 2-4 weeks or when healed.
2. Use a bedroom humidifier. Remember to clean it out daily to avoid mold growth. Do not use a humidifier if you have mold allergies.

C. TREATMENT

1. Carry a nasal decongestant spray (e.g. Afrin, Dristan 4-Way spray) with you at all times.
2. If you have a nosebleed:
 - a. Sit up, lean forward, and let the blood drip into a container or a towel.
 - b. Spit any blood from the throat into a container or towel. Try to avoid swallowing the old blood as it may nauseate you.
 - c. Blow your nose gently to remove any clot.
 - d. Spray the nostril that is bleeding with 3-4 sprays of Afrin. With your thumb and forefinger, tightly pinch your nostrils for 5 minutes and let go.
 - e. If you are still bleeding, repeat the previous instructions up to 2 more times.
 - f. If the bleeding has not stopped after 15 minutes, call our office at **(503) 581-1567** during office hours or go to the ER if it is after hours.